

# Jean's Banana Pudding Parfait

**SERVES 10**

## INGREDIENTS:

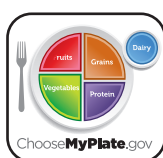
- About 8 ginger snap cookies, crushed
- 7 medium ripe bananas, sliced thin
- 1 cup nonfat milk
- 1 (1-oz) box instant sugar-free, fat-free vanilla pudding
- 1¼ cup low-fat vanilla yogurt
- 1 tsp vanilla extract
- 1 cup fat-free frozen whipped topping, thawed
- 10 8-oz parfait cups or drinking glasses
- ¼ tsp cinnamon for garnish (optional)



## INSTRUCTIONS:

1. In a large bowl, whisk together the milk and pudding mix; blend well (about 2 minutes).
2. Add yogurt and vanilla extract; blend until smooth.
3. Stir the thawed whipped topping into the mixture.
4. Line the bottom of the parfait cups with a teaspoon of crumbled ginger snaps.
5. Layer 6 banana slices on top of the cookies; then 2 tbsp of the yogurt mixture on top. Repeat with another layer of the ginger snaps, bananas, and yogurt mixture.
6. Top with cinnamon or crushed cookie for garnish.
7. Cover and chill in refrigerator.

## My Recipe Details (per portion)



**Total Calories** 169 Calories

### Food Groups

Grains	½ oz
Fruit	½ cup
Dairy	¼ cup

### Nutrient Info

Carbohydrate	35 g
Dietary Fiber	2 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	227 mg

Nutrition analysis by SuperTracker.usda.gov